

	Kcal& Macro	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
--	-------------	--------	------------------------------	-------------	------	------	-------	------	----------	---------	------	---------	--------	------	-----------------

SALADS

Beef Saigon	Kcal 454 Protein 28.1 Fats 21.8 Carbs 41.2										*	*	*	*	
Salmon Avocado	Kcal 619 Protein 35.3 Fats 31.2 Carbs 54					*									
Seoul Mate with Chicken	Kcal 348 Protein 28.5 Fats 14.5 Carbs 27										*				
Seoul Mate with Tempeh	Kcal 359 Protein 19.1 Fats 17.4 Carbs 34.1										*			*	*
Shrimp Habanero	Kcal 447 Protein 30 Fats 23.3 Carbs 32.1			*								*	*	*	
Thai Crunch with Chicken	Kcal 412 Protein 33.4 Fats 18.1 Carbs 31.7										*	*	*	*	*
Thai Crunch with Tempeh	Kcal 429 Protein 26 Fats 20.9 Carbs 38.4										*	*	*	*	*
Urban Caesar with Chicken	Kcal 530 Protein 39.6 Fats 23.8 Carbs 40.7							*			*				
Urban Caesar with Tempeh	Kcal 476 Protein n 26.4 Fats 23.8 Carbs 42.3							*			*			*	

* Please note the matrix above does not include dressing allergens, or nutritional information. Please refer below for the dressing allergens and nutritional information.

TRAYS

Aegean - honey dijon chicken	Kcal 595 Protein 29.8 Fats 21.5 Carbs 63.1							*		*	*		*	*	*
Aegean - pulled chilli brisket	Kcal 666 Protein 40 Fats 24 Carbs 64.8							*			*		*	*	*
Aegean - harissa chickpeas	Kcal 644 Protein 20.1 Fats 24.9 Carbs 79.1							*			*		*		*
Sinaloa - honey dijon chicken	Kcal 707 Protein 29.6 Fats 30.7 Carbs 29.1							*		*				*	*
Sinaloa - pulled chilli brisket	Kcal 779 Protein 39.7 Fats 33.1 Carbs 30.8							*						*	*
Sinaloa - harissa chickpeas	Kcal 757 Protein 19.9 Fats 34 Carbs 45.1							*							*
Umami 2.0 - honey dijon chicken	Kcal 537 Protein 27.1 Fats 20 Carbs 16									*		*	*	*	*
Umami 2.0 - pulled chilli brisket	Kcal 609 Protein 37.3 Fats 22.4 Carbs 17.7											*	*	*	*
Umami 2.0 - harissa chickpeas	Kcal 586 Protein 17.4 Fats 23.3 Carbs 31.9											*	*		*

Kcal & Macro

Celery

Cereals
containing gluten

Crustaceans

Eggs

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame

Soya

Sulphur Dioxide

DRESSINGS

Basil Pesto	Kcal 158 Protein 1.2 Fats 15.5 Carbs 4														
Habanero Lime	Kcal 343 Protein 0.4 Fats 37.7 Carbs 0.5													*	*
Caesar	Kcal 284 Protein 4 Fats 29.5 Carbs 0.8				*			*		*					*
Gochujang Miso	Kcal 209 Protein 1 Fats 20.8 Carbs 4.8													*	*
Thai Peanut	Kcal 179 Protein 5.1 Fats 14.1 Carbs 8										*	*	*	*	*
Sriracha Lime	Kcal 170 Protein 1 Fats 13.3 Carbs 11.2												*	*	*

DESSERTS

Snicker Balls	Kcal 301 Protein 11.9 Fats 23 Carbs 13.5										*	*	*		
Chocolate Mousse	Kcal 399 Protein 3.5 Fats 33.9 Carbs 20. 1												*	*	*

SCOOPS

Sambal Feta	Kcal 74 Protein 4.5 Fats 5.7 Carbs 1.3							*							*
Tzatziki	Kcal 31 Protein 2.8 Fats 1.8 Carbs 1							*							
Hummus	Kcal 80 Protein 2.9 Fats 5.2 Carbs 5.5												*		*
Whipped Miso Tofu	Kcal 30 Protein 2 Fats 1.4 Carbs 2.1											*		*	*
Beetroot Hummus	Kcal 51 Protein 2.1 Fats 2.3 Carbs 5.8												*		*
Sweet Potato Hummus	Kcal 104 Protein 2.5 Fats 8.2 Carbs 5.1												*		*

PROTEIN POTS

Honey Dijon Chicken Pot	Kcal 202 Protein 28.9 Fats 6.5 Carbs 9									*			*	*	*
Pulled Chilli Beef Pot	Kcal 296 Protein 36.6 Fats 12.7 Carbs 9													*	*
Harissa Chickpeas Pot	Kcal 266 Protein 9.7 Fats 14 Carbs 28.3										*		*		*

ACAI BOWLS

Strawberry, Peanut & Granola	Kcal 388 Protein 6.7 Fats 19.8 Carbs 47.8										*	*			
Blueberry, Almond & Granola	Kcal 367 Protein 5.5 Fats 17.3 Carbs 46.8										*				
Banana, Strawberry, Granola	Kcal 304 Protein 2.7 Fats 9.6 Carbs 51.9										*				

AUTUMN/WINTER MENU 2025/6

Harissa Hunny Salad	Kcal 629 Protein 26 Fats 34.5 Carbs 49.2									*			*	*	*
Urban Harvest Tray	Kcal 778 Protein 29.2 Fats 40.5 Carbs 66.2							*		*	*		*	*	*
Harissa Vinaigrette Dressing	Kcal 207 Protein 0.6 Fats 19.8 Carbs 6.1														

GOAN DREAM

Goan Dream	Kcal 437 Protein 21.9 Fats 16.8 Carbs 31.1									*	*	*			*
Tamarind & Date Chutney	Kcal 42 Protein 0.2 Fats 0 Carbs 10.5														